

## Typical Day

**Doctors and nurses must keep their registration on them every day, do not leave it in your room.**

**Everyone should keep the cards with the phone numbers on them whenever they leave the Mbagala Center**

- 7:00am Bring the days clinic and education bags to the lobby before breakfast.  
Turn in wash.
- 7:10am Breakfast at Mbagala Center (I advise you go as you will not have another meal until dinner, which could be very late.)
- 8:15am Leave Mbagala Center for clinics/villages  
**Be sure to bring a bottle of water, toilet paper, bug spray, sun screen, hat, camera, snack (granola, etc.) etc. with you as you will not have lunch or return until night.**
- We divide into vehicles for the different villages...we will be packed like sardines!
- 9:30-10:00am Arrive in villages
- Take time to be welcomed by villagers...have tea.
  - Take the time to let them be hospitable ... it is their culture.
  - Take the time to let them say thank you at the end of the day.
  - We don't rush off to "beat the traffic."
- 5:00pm – 8:30pm Return to Mbagala Center (You may be stuck in traffic for long periods of time on the return trip to the Mbagala Center)
- Before/After Dinner Repack bags for the next day – Doctors, NP's, PA's & Nurses need to repack the clinic bags for the next day's clinic. Pharmacy needs to repack meds for the following day.
- 7:30pm Dinner at Mbagala Center (More often than not they end up holding dinner for us). Do not stop to eat on your way home as your meals are paid for at Mbagala Center. **If your vehicle is going to be very late call/text someone in the group to let them know so the others do not worry.**
- 8:15pm Team meeting and night prayer – it is important that all attend... even if tired. There will not be a team meeting on evenings that we get back very late.
- 10:00pm Quiet time - **Must be in the building by 10:00pm** (because they lock it) unless other arrangements have been made.